Healthy Habits

Grade 2 Science Worksheet - Building Confidence

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Going to bed at the same time each night

staying clean sleep healthy food

2. Combing your hair

sleep staying clean exercise

3. Resting when you are tired

staying clean sleep healthy food

4. Taking a nap when you feel worn out

sleep healthy food exercise

5. Running at recess

exercise healthy food staying clean

6. Playing soccer

sleep healthy food exercise

7. Brushing your teeth

healthy food sleep staying clean

8. Taking a bath

sleep staying clean healthy food

9. Eating a crunchy carrot

staying clean exercise healthy food

10. Eating vegetables at dinner

exercise healthy food staying clean

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Answer Key - Grade 2 Science Worksheet - Building Confidence

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   healthy food sleep **staying clean**

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   staying clean exercise **healthy food**

10. Eating vegetables at dinner

    exercise **healthy food** staying clean